

NEWINGTON PARKS AND RECREATION

"Creating Community through People, Parks & Programs"



Youth, Adult & Senior Programs * Swim Lessons * Special Events * Fitness Classes * Bus Trips



Bus Trips



Holiday Events



Preschool and Youth Programs



Fitness Classes

RESIDENTS: Registration begins Friday, November 18th

NON-RESIDENTS: Registration begins Friday, December 2nd



Newington Parks & Recreation Registration Form

131 Cedar St. Newington, CT 06111 Phone: 860-665-8666 Fax: 860-665-8739

www.NewingtonCT.gov

PRIMARY HOUSEHOLD CONTACT INFORMATION

First Name _____ Middle Initial _____ Last Name _____

Street Address _____ Apt./Box # _____ City _____ State _____ Zip _____

[] Check if new address Home Phone (_____) _____ Work Phone (_____) _____

Cell Phone (_____) _____ Email Address _____

Emergency Contact _____ Relationship _____ Phone (_____) _____

If there are any medical concerns, allergies or special needs that we should be aware of, please list here: _____

_____ Supplemental medical forms are available online or in our office.

PROGRAM INFORMATION

One registration form can be used for more than one person in the same household.

First and Last Name	M/F	DOB	Program ID #	Program Name	Fee	Alternate ID#

PLEASE READ CAREFULLY AND SIGN BELOW

Assumption of Liability: Participation in the activity may involve risk or injury. As a parent, guardian, or participant, I am aware of these hazards and my ability to participate. I hereby agree to release, discharge and hold harmless the Town of Newington, its employees, contracted instructors, and volunteers from the liabilities which may occur while participating in the activity. I understand that participation in any recreational or sport activity involves risk. I further understand that the Town of Newington does not provide accident/medical insurance for the program participants. In addition, I give permission for the participant to be treated by qualified medical personnel in the event that the above named parent/guardian/emergency contact cannot be reached at the phone numbers provided. The Parks and Recreation Department reserves the right to photograph program participants for publicity purposes. Please be aware that these photos are for Parks and Recreation use only and may be used in future catalogs, website, brochures, pamphlets, and/or flyers.

ADULT SIGNATURE: _____ DATE: _____

Please note that there is a \$10 minimum for all credit card transactions.

TOTAL FEES: \$ _____

“ROUND UP” For Youth Recreation *Rounding up your program fee helps provide financial assistance for those unable to afford the program fees for youth activities.*



+ _____

Circle Method of Payment: Cash Check Credit Card

TOTAL AMOUNT: \$ _____

CREDIT CARD #: _____ **Security Code** _____ **EXP. DATE** _____ / _____

(Found on back of card)

Circle type of card: VISA MASTERCARD DISCOVER

Facility Reservations

Mortensen Community Center Gym Rentals



The Parks and Recreation Department offers rentals of the Mortensen Community Center Gymnasium throughout the fall, winter and spring seasons. Rental availability is limited due to programming demands. The fee is \$30/hour.

If you are interested in renting the Mortensen Community Center Gymnasium, please contact the Newington Parks and Recreation Department at 860-665-8666.

Teen Center Facility Rentals *Ages 7 - 18*



Why not rent out the Teen Center for your next birthday or team party? The Teen Center facility can be rented out on Saturdays or Sundays from 11:00 a.m. until 8:00 p.m. from September through May. The Teen Center is located in the Mortensen Community Center and has a pool table, foosball table, ping pong table, and air hockey, with plenty of space for a piñata or refreshments. Facility rental fee is \$30 per hour. Helium balloons may be purchased for your special occasion for a nominal fee. Limit: 30 guests.

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Churchill Park Picnic Reservations

The Newington Parks & Recreation Department has reserved areas at Churchill Park available for rental. Reservations for summer bookings will begin **Wednesday, March 7th, 2012** at the Parks & Recreation office. Picnic reservations are limited to Newington residents, families, organizations and businesses on a first come, first served basis. Please note that we are unable to issue refunds once a picnic area is reserved. The reservation form to reserve picnic areas and is available online at www.newingtonct.gov/parksandrec. Sports equipment will also be available for rental; please see the reservation form for details.



UPPER SITE

\$35/day

Open space that can accommodate 40 people and includes tables and a grill.



MIDDLE PAVILION

\$75/day

Large covered shelter that can accommodate 150 people and includes electricity, tables and a grill.



LOWER PAVILION

\$50/day

Covered shelter that accommodates 60 people and includes electricity, tables and a grill.

Ice Skating At Mill Pond



Ice Skating will be available again this season at Mill Pond as weather and ice conditions permit. There is no fee. Ice skates are not provided; skaters must bring their own skates. Signs are posted when the ice is determined to meet acceptable criteria for skating. However, please be aware that conditions may change. Here are some safety guidelines:

- Skate at your own risk and never skate alone. **Skating is unsupervised.**
- Ice thickness is not consistent. Thin ice may be present near inlets, outlets or bridges due to water currents underneath the ice.
- Beware of ice around partially submerged objects, such as trees, logs, brush, embankments or dam structures.
- Don't congregate in one area. Stay away from cracks, seams, pressure ridges, slushy areas & darker areas.
- **For current ice skating conditions, call the Parks & Recreation hotline at 860-665-8686.**



Program Information
&
Cancellation Hotline:
860-665-8686

HELP WANTED! Newington Parks and Recreation Department will begin accepting applications for Summer employment after January 1st, 2012. Available positions include but are not limited to: Life guards, Water Safety Instructors and Summer Playground Counselors. Applications for Summer positions will be accepted until Friday, March 30th. All applicants must fill out a Town of Newington application, available on our website or at the Parks and Recreation office.

Community Events...



Visit with Santa (Free with a Canned Food Item!)

Friday, December 2nd, 5:00 - 7:30 p.m. & Saturday, December 3rd, 1:00 - 4:00 p.m.

Mortensen Community Center Romano Room

Santa is taking a break from the North Pole and dropping into Newington to hear your child's secret wishes and smile for your cameras. Get in the holiday spirit with your family, enjoy pictures with Santa and our holiday sleigh ride event (see below)! Don't forget to bring your cameras! This is a free community event; please bring a canned food item for the Town's food bank. For more information, please call 860-665-8666.



Family Sleigh Rides

Saturday, December 3rd, 1:00 - 4:00 p.m.

Mill Pond Park

Take the family on a ride around Mill Pond Park on a horse-drawn sleigh/wagon. This is a free community event. For more information, please call 860-665-8666.



Newington's Night of Lights

Saturday, December 3rd at 5:00 p.m. (Rain/Snow Date: Sunday, December 4th)

Carol Sing & Tree Lighting at Town Center, Main Street

Come early! Join us for a Wreath Lighting at Mill Pond Waterfall at 4:30 p.m. followed by a walk and carol sing to the Town Center.

Newington Parks and Recreation Department and the Newington Chamber of Commerce present this annual event. This magical day includes a wreath lighting at the Mill Pond Waterfall at 4:30 p.m., a Fire Truck parade, refreshments, entertainment, guest speakers, carol sing, tree lighting, and of course, the arrival of Santa all the way from the North Pole at 5:00 p.m.! This is a free community event. To make the night more special, bring a canned food item to benefit the Town's food bank. In case of inclement weather, please call 860-665-8686.

Bus Trips...

BUS TRIP GUIDELINES

- An adult must accompany anyone under the age of 18.
- Rest stops to/from the destination are at the discretion of the Tour Director.
- We typically use a 50-passenger coach bus. All seats sold are on a first-come, first-served basis. There are no reserved seats. Those who travel alone must share the seat beside them. Some trips will be "shared" with other towns or businesses. Seats on these shared buses are limited, so register early!
- Detailed trip itineraries will be mailed to each registered participant a few days before the trip.
- We are not responsible for your return trip if you miss the bus!
- Bus departure location details will be stated in your trip itinerary. All participants will be mailed a detailed trip itinerary a few days before the trip. Please look over the trip itinerary carefully - occasionally the departure times may change slightly from what is listed in this Program Guide.
- Absolutely no refunds for trips will be given unless the registrant can find their own replacement, if we have a waiting list, or if the Parks and Recreation Department cancels the trip.

If you do not receive your trip itinerary at least three days before your trip, please call our office at 860-665-8666.



Macy's Thanksgiving Day Parade Thursday, November 24th, 2011

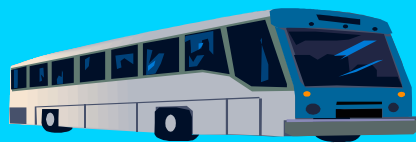
Celebrate the coming holiday season at one of the most beloved holiday events ever - the Macy's Thanksgiving Day Parade. This spectacular and colorful parade winds through the streets of Manhattan - in one of the Big Apple's most eagerly anticipated events. See the famous balloons, floats, marching bands, clowns and of course, Santa Claus.

Fee: \$50 per person

ID: 7944

Bus trip includes:

- Round trip motorcoach transportation with a tour director
- Drop-off at FAO Schwartz - 5th Avenue between 58th and 59th Streets - Walk across Central Park by the Plaza Hotel.
- Bus departs from Newington at approximately 4:30 a.m. (Specific location to be determined). Departs New York City at 12:00 noon.



Bus Trips...



Christmas Spectacular at Radio City Music Hall *Thursday, December 1st, 2011*

This is a whole new spectacular! Come experience The Radio City Christmas Spectacular starring the World Famous Rockettes like you have never seen it before. Using Christmas Vision digital mapping technology, the interior of Radio City Music Hall will transform into a massive and magical canvas. In addition to the Rockettes' signature high kicks and precision choreography in multiple show-stopping numbers such as the "Parade of the Wooden Soldiers" and "New York at Christmas", the BRAND NEW 2011 Radio City Christmas Spectacular will feature SIX NEW SCENES. You won't want to miss this show, which has dazzled and inspired over 65 million people for more than 75 years and continues to create memories that last a lifetime. For an additional \$40 per person, you will also have an opportunity, if you choose, to dine at Carmine's, NYC's legendary family style Italian Restaurant.

Fee: \$104 per person (\$144 per person if choosing to dine at Carmine's)

ID: 7945

Bus trip includes:

- Round trip motorcoach transportation with a tour director
- Ticket to 2011 Christmas Spectacular at Radio City Music Hall (2nd mezzanine seats)
- Leisure time for shopping in New York City
- Bus departs from Newington at approximately 7:00 a.m. (Specific location to be determined). Departs New York City at 5:00 p.m.



Dinner with Dickens & Bright Nights *Friday, December 9th, 2011*

DATE CHANGED: Tuesday, December 13th, 2011

Guests will travel to Springfield, Massachusetts to enjoy being greeted by Carolers from the grand Victorian era, welcoming them to the historic Barney Carriage House. They will be served a sumptuous buffet dinner and hear Charles Dickens's tale of Ebenezer Scrooge, Bob Cratchit and Tiny Tim. Dinner will include English Caesar salad, whipped potatoes, Tiny Tim vegetable medley, Chef-carved turkey breast with stuffing and cranberry sauce, rolls and butter, bread pudding and apple crisp. Also enjoy "Bright Nights at Forest Park", which is celebrating its 17th season! "Bright Nights at Forest Park" is New England's single most popular holiday destination and largest holiday lighting display with more than 600,000 lights along a 3-mile route at Forest Park in Springfield, Massachusetts.

Fee: \$92 per person

ID: 7946

Bus trip includes:

- Round trip motorcoach transportation with a tour director.
- Includes dinner buffet and drive through Bright Lights.
- Bus departs from Newington at approximately 4:00 p.m. (Specific location to be determined). Departs Bright Nights at 8:30 p.m.



The Boston Flower & Garden Show *Saturday, March 17th, 2012*

Escape the grey days of Winter and rejoice in the colors of the coming Spring! The Boston Flower & Garden show returns this year offering hundreds of ideas to add excitement to your outdoor spaces. The theme - First Impressions - will show you how to display your personality and a welcoming style while adding enjoyment and value to your property. After you enjoy the largest horticulture happening in Boston, you will have leisure time for shopping.

Fee: \$66 per person

ID: 7960

Bus trip includes:

- Round trip motorcoach transportation with a tour director.
- Admission to the Boston Flower & Garden Show (highlights include "Learn the value of curb appeal" and "Become an urban gardening guru").
- Leisure time to shop at Quincy Market, Newbury Street, Copley Place and Downtown Crossing.
- Bus departs from Newington at approximately 8:00 a.m. (Specific location to be determined). Departs Boston at 6:00 p.m.



Brooklyn "Noshing" *Saturday, April 14th, 2012*

Historic Brooklyn is home to everyone - from everywhere. Brooklyn is the world's largest neighborhood, the borough that puts the 'New' in New York City. Brooklyn is big, it's diverse and it's got something for everyone, especially food. You will see and taste at four venues across several neighborhoods. Venues include a chocolatier in D.U.M.B.O. (Down Under the Manhattan Bridge Overpass), famous Brooklyn Pizza and a trip to the Middle East. You'll also enjoy panoramic skyline views, street walks, free time for browsing and shopping.

Fee: \$112 per person

ID: 7961

Bus trip includes:

- Round trip motorcoach transportation with a tour director.
- Brooklyn Noshing Tour with a local guide - includes some sit down tastings at restaurants and some tastings served on board the coach bus.
- Bus departs from Newington at approximately 7:00 a.m. (Specific location to be determined). Departs Brooklyn at 5:00 p.m..

Aquatics...

Recreational Swimming at Newington High School

The Newington High School Pool is open for indoor recreational swim and is supervised by certified Red Cross lifeguards. Newington residents may use a Summer 2011 pool pass for the 2011-2012 indoor season, or may purchase pool passes for the indoor season. To purchase a pool pass for the indoor season, please pick up a pool pass form available at the Parks and Recreation office. Proof of residency must be shown. The fee for a household pass is \$30 and includes up to six people who permanently reside in the same Newington household. For households with more than six people, the additional fee for each person is \$5. Passes for resident individuals are \$25. Newington's aquatic facilities are open to residents, and residents may bring non-residents as their guests. Non-residents may only participate in recreational swimming as the guest of a Newington resident, and must pay the daily rate, unless participating in the tri-town swimming program (See box below). Children under 13 must be accompanied by an adult.

Time: 7:00 PM - 8:45 PM
Dates: Mondays, Wednesdays & Fridays, Oct. 3, 2011 - June 13, 2012. *The pool is unavailable on all holidays and dates that the high school is closed, when school is cancelled due to inclement weather, and occasionally due to NHS swim meets. Signs will be posted at the pool with as much advance notice as possible. Call 860 665-8666 for information regarding school vacation swim times.*
Fee: Free with a 2011/2012 pool pass or \$3.00 for adults, \$2.00 for children under 18, \$2.00 for senior citizens.

Please note: The NHS Pool is kept cooler for lap swimming and aquatic sports.

Swim Lesson Level Descriptions

The Newington Parks and Recreation Department is proud to be an authorized provider of the American Red Cross Learn-To-Swim Program for Levels 1-6. Participants must be Newington residents. Proper swim lesson level placement is critical for your child's success in swim lessons, as well as ensuring that the experience is enjoyable and safe. If your child has taken swim lessons with us before, please select the level recommended by their instructor. Please note that children must be at least 6 years of age to register for Levels 1 and up. Please review the swim lesson level descriptions below prior to registering your child. ***Note: These skills are the requirements to pass the level listed.** If your child can complete the skills listed, please register him/her for the next level.

Level 1 - (MUST BE AT LEAST 6 YEARS OLD) Enter and exit the water unassisted, open eyes underwater, bobbing, combined arm/leg action on front and back, front/back glides (two body lengths) and supported front/back float (3 seconds).

Level 2 - Jump from the deck into chest deep water, float without assistance, tread water (15 seconds), submerge completely and hold breath for 5 seconds, swim using leg and arm stroke (5 body lengths).

Level 3 - Jump into deep water, begin diving, tread water (30 seconds), front crawl (15 yards), elementary backstroke (15 yards), survival float (30 seconds) and learn rotary breathing.

Level 4 - Standing dives, swim underwater (3-5 body lengths), tread water (2 minutes), front crawl and elementary backstroke (25 yards each), breaststroke, butterfly, and back crawl (15 yards each).

Level 5 - Shallow water dives, tuck and pike surface dives, front flip turns, front crawl and elementary backstroke (50 yards each), breaststroke, butterfly, and back crawl (25 yards each).

Level 6 - Fitness Swimmer: front crawl and elementary backstroke (100 yards each), breaststroke, butterfly, and back crawl (50 yards each), competitive turns.

**For a more detailed list of the level descriptions,
please visit our website at**

www.newingtonct.gov

Tri-Town Swimming

The Newington, Rocky Hill, and Wethersfield Parks and Recreation Departments are offering a chance for residents of all three towns to utilize their indoor pools. If you purchase a season and/or yearly pool pass (household or individual) from one town, you can use it in all three towns. All you have to do is present your pass. Tri-town swimming is only available for season pass holders during the indoor season.

Newington High School Indoor Pool

605 Willard Avenue, Newington
Open Mon., Wed., and Fri.: 7:00 – 8:45 PM
Office Number – 860-665-8666
Hotline – 860-665-8686

Rocky Hill High School Indoor Pool

50 Chaplin Avenue, Rocky Hill
Office Number – 860-258-7429
Information Line – 860-258-2772

Wethersfield High School Indoor Pool

411 Wolcott Hill Road, Wethersfield
Office/Information Number – 860-721-2890

For more information on pool hours in Rocky Hill and Wethersfield, please contact their Parks and Recreation offices directly.

Group Swim Lessons *Ages 6—17*

Our group swim lessons are taught by Red Cross certified lifeguards and are held at the Newington High School indoor pool. There are no vouchers or refunds given for missed or cancelled swim lessons. We will attempt to schedule a make-up class when lessons are cancelled. Please see level descriptions on page 6 as a guide to register your child. Swim lessons are available for Newington residents only.

Location: Newington High School Indoor Pool

Fee: \$30 (8 classes)

Wednesdays, Jan. 11 - Feb. 29
(8 classes)

5:30 - 6:00 PM 6:00 - 6:30 PM

Level 1	(not offered)	ID: 7973
Level 2	ID: 7969	ID: 7974
Level 3	ID: 7970	ID: 7975
Level 4	ID: 7971	ID: 7976
Level 5/6	ID: 7972	ID: 7977

Semi-Private Swim Lessons *Ages 6—17*

Our semi-private swim lessons are a great opportunity to get individualized attention when learning how to swim. The limit is 2 participants per instructor. Please note that there are no refunds given for missed or cancelled lessons. If lessons are cancelled, we will attempt to schedule a make-up class. If a make-up class cannot be scheduled, we will issue vouchers. Please see level descriptions on page 6 as a guide to register your child. Swim lessons are available for Newington residents only.

Location: Newington High School Indoor Pool

Fee: \$65 (4 classes)

Session 1 - WEDNESDAYS

January 11 - February 1
(4 classes)

6:30 - 7:00 PM

Level 1	ID: 7978
Level 2	ID: 7979
Level 3	ID: 7980
Level 4	ID: 7981
Level 5/6	ID: 7982

Session 2 - WEDNESDAYS

February 8 - 29
(4 classes)

6:30 - 7:00 PM

Level 1	ID: 7983
Level 2	ID: 7984
Level 3	ID: 7985
Level 4	ID: 7986
Level 5/6	ID: 7987

Preschool & Parent *Ages 3-5*

These lessons are the perfect opportunity for 3-5 year olds to get acquainted with being in the water. A parent is required to be in the water at all times with their child and should be comfortable in the water. There are no vouchers or refunds given for missed or cancelled swim lessons. We will attempt to schedule a make-up class when lessons are cancelled. Children must be three years old when the program begins. Swim lessons are available for Newington residents only.

Location: Newington High School Indoor Pool

Fee: \$30 (8 classes)

ID:	Time	Dates
7968	5:30 - 6:00 PM	Wednesdays, Jan. 11 - Feb. 29 (8 classes)



Adult Swim Lessons

Ages 18 and up

Our adult swim lessons provide a wonderful opportunity for adults to learn how to swim in an age-appropriate and comfortable environment. Lessons are taught in groups of no more than 4 participants per instructor. Please note that there are no refunds given for missed or cancelled lessons. If lessons are cancelled, we will attempt to schedule a make-up class. If a make-up class cannot be scheduled, we will issue vouchers. Swim lessons are available for Newington residents only.

Location: Newington High School Indoor Pool

Fee: \$65 (4 classes)

Adult Swim Lesson Level Descriptions

Beginner: Designed for adults with minimal or no swimming experience, teaches water safety and confidence in the water by introducing floating (assisted and unassisted), submerging, breath-holding and independent movement in the water.

Advanced Beginner: Designed for adults who are already comfortable in the water but have minimal swimming experience. Students will begin with unassisted floating and move into basic stroke mechanics, utilizing the deeper water.

ID:	Time	Dates
Beginners		
7988	7-7:30 p.m.	Wednesdays, Jan. 11 - Feb. 1
Advanced Beginners		
7989	7-7:30 p.m.	Wednesdays, February 8 - 29

Coming this Spring...



We will be offering the new American Red Cross Lifeguard Training Course this Spring. Information will be included in our Spring Program Guide which will be available mid-February. Students will learn safety and rescue techniques designed to prevent and respond to a variety of aquatic emergencies. Participants must be 15 years of age by the completion of the course.

Toddler, Preschool & Youth...

Gymnastics *Ages 2 and up*

A wonderful opportunity to learn the art of gymnastics! Participants will learn gymnastic skills according to their ability level. Activities include warm-ups, floor exercises, and use of gymnastic equipment. Participants should wear leotards, warm-ups, or shorts and t-shirt. Children must be 2 when class begins in order to participate.

Instructor: New England Gymnastics Express Staff

Location: New England Gymnastics Express—136 Day St, Newington

Fee: \$79 for residents / \$98 for non-residents



ID:	Time	Dates
<u>Parent and Tot: Ages 2 - 3 1/2 with Parent</u>		
7991	1:00 - 1:40 PM	Mondays, January 16 - March 12 (8 classes, no class 2/20)
<u>Preschool: 3 1/2—5 years old</u>		
7992	1:50 - 2:30 PM	Mondays, January 16 - March 12 (8 classes, no class 2/20)
7993	1:45 - 2:25 PM	Thursdays, January 19 - March 15 (8 classes, no class 2/23)
<u>Beginner: Kindergarten - 2nd Grade</u>		
7994	6:00—6:45 PM	Tuesdays, January 17 - March 13 (8 classes, no class 2/21)
7995	6:00—6:45 PM	Thursdays, January 19 - March 15 (8 classes, no class 2/23)

Dance Classes *Ages 2—8*

Your child will love to participate in this wonderful dance experience! These classes are a great way to introduce your child to ballet, creative movement and hip hop. They will learn creative ways to express themselves through music, dance & movement in a fun and social environment. Please be aware that parents are asked to wait outside the classroom during dance classes. Please send your child with comfortable, lightweight clothing.

Instructor: Janet Arnold

Location: Mortensen Community Center Romano Room

Fee: \$48 for residents / \$60 for non-residents



ID:	Ages	Class	Time	Dates
7996	2 - 4	Ballet/Creative Movement	1:15 - 2:00 PM	Saturdays, Jan. 14 - March 2 (8 classes)
7997	4 - 6	Hip Hop	2:00 - 2:45 PM	Saturdays, Jan. 14 - March 2 (8 classes)
7998	2 - 4	Ballet/Creative Movement	2:45 - 3:30 PM	Saturdays, Jan. 14 - March 2 (8 classes)
7999	5 - 8	Ballet	3:30 - 4:15 PM	Saturdays, Jan. 14 - March 2 (8 classes)
8000	2 - 4	Ballet/Creative Movement	4:15 - 5:00 PM	Saturdays, Jan. 14 - March 2 (8 classes)

Music Together *Ages newborn to 5 years*

Music Together® is an innovative, thoroughly researched approach to early childhood music education and is based on the premise that all children are inherently musical. Music Together is committed to helping families rediscover the pleasure and value of musical activity by providing children with new opportunities to experience and express themselves musically alongside their most important role models: their parents, caregivers and teachers. *Minimum of 8 / Maximum of 12*

Location: Mortensen Community Center Romano Room

Fee: \$165 includes CD and all materials. Fee remains the same for non-residents. Infants under 8 months are free with a registered sibling. \$75 for each additional sibling registered for same class.



ID:	Time	Dates
8006	9:30 - 10:15 AM	Wednesdays, January 4 - March 7 (10 classes)
8007	10:30 - 11:15 AM	Wednesdays, January 4 - March 7 (10 classes)
8008	9:30 - 10:15 AM	Saturdays, January 7 - March 10 (10 classes)

Mornin' Munchkins

Ages 12—36 Months with Parent

This is a fun, social experience for both parent and toddler. Activities include music, movement, story time, special play balls, bubbles and arts & crafts, not to mention meeting lots of friends. This class offers parents and grandparents the opportunity to get creative, bond and interact with their youngster in a group environment. It's a great class for those looking to socialize with other parents.

Instructor: Loralyn Callahan

Location: Mortensen Community Center

Romano Room

Fee: \$45 for residents / \$56 for non-residents

ID:	Time	Dates
8001	9:30 - 10:15 AM	Mondays, Jan. 9 - March 12 (8 classes, no class 1/16, 2/20)
8002	10:30 - 11:15 AM	Mondays, Jan. 9 - March 12 (8 classes, no class 1/16, 2/20)

Jumpin' Gym Daze

Ages 12—36 Months with Parent

You and your toddler will enjoy this fulfilled program in the gym. The first half of each class will be an unstructured opportunity for free play, while the second half of the class will offer supervised and directed games and activities. This is a great class to give your child a chance to play and interact with children of the same age. It is also a chance for parents to socialize and interact with other parents. We'll roll out the balls, hoops, and tunnels, and you roll out the fun!

Instructor: Randi Thureson

Location: Mortensen Community Center

Gymnasium

Fee: \$39 for residents / \$49 for non-residents

ID:	Time	Dates
8003	9:30 - 10:15 AM	Wednesdays, Jan. 11 - Feb. 29 (8 classes)
8004	10:30 - 11:15 AM	Wednesdays, Jan. 11 - Feb. 29 (8 classes)

Creative Playtime Preschool Program 2012-2013...



Creative Playtime Preschool Program *located at 1075 Main Street, Lower Level*

Creative Playtime Preschool Program is open to children ages 3-5. Morning, Afternoon or Full-Day Programs are available. Our preschool program is fully licensed through the State of Connecticut.

IMPORTANT DATES

For current families and siblings, registration begins Tuesday, January 31 - Friday, February 10.

For new families, registration begins on **Tuesday, February 14** in the Parks and Recreation Office during normal office hours.

For non-residents, registration begins on **Thursday, March 1**.

PARENTS' OPEN HOUSE

Parents: Come to our open house! Meet the teachers and check out our classroom!

Wednesday, February 8, 2012 6:00 - 7:00 p.m. at the classroom located at 1075 Main Street, Lower Level.

PROGRAM INFORMATION

The Newington Parks & Recreation Department's Creative Playtime Preschool Program is a play-based, child-centered preschool designed to be a wonderful and enriching introduction to the classroom environment. Our goal is to create a safe environment in which children engage in activities that are hands-on, open-ended, multisensory and meaningful to them. Play is the key that opens the door to creative thinking and learning!

Daily activities include "hands on" play centers for fine and gross motor activities such as school skills, paper, crayon and pencil work and play dough play. Multi-sensory art and music experiences, coupled with imaginative dramatic play centers such as dolls, blocks, and puppets offer creative and imaginative outlets for your child. We provide opportunities for daily living and social skills such as snack time and self-help work that will empower your child to be independent in preparation for kindergarten. Daily outdoor play time combines fine and gross motor skills, healthy habits and basic introductions to nutrition and fitness. This program is licensed through the State of Connecticut, and our staff is fully certified and trained in CPR & First Aid. We have beautiful classroom facilities and fenced in outdoor space dedicated solely to the preschool program located at 1075 Main Street in the Lower Level.

Staff: Preschool Director/Head Teacher: Marilyn Janelle. Preschool Head Teacher: Loralyn Callahan
Assistant Teachers: Kim Marchetti, Randi Thureson and Amy Greca

REGISTRATION & PROGRAM INFORMATION

- A **non-refundable** deposit is required at the time of registration.
- Registration for non-residents will be taken beginning Thursday, March 1, 2012.
- A payment plan will be available for the 2012-2013 school year.
- Open to children ages 3—5. All children must turn 3 years old by Dec. 31, 2012.
- School Skills and Kindergarten readiness will be introduced in *ALL* classes.
- All children must be toilet trained by the start of the program, and may not be wearing diapers or pull-ups.
- The ratio is 10 children per teacher.



Additional registration information including fees for the 2012-2013 school year will be available after January 1st, 2012.

Registration information packets will be available at the Parks & Recreation office or online at **www.newingtonct.gov/parksandrec**

Spaces are STILL available for the 2011-2012 school year!
Call 860-665-8666 for more information!



Youth Programs...

Acting Classes with Performing Arts Programs, Inc.

Grades K - 6

Unleash your creativity! Performing Arts Programs, Inc. is New England's proven and premiere performing arts talent development & educational program for children of all skill levels offering a professional, progressive program. Acting group lessons will include specifically designed exercises such as theater games, concentration exercises, voice and speech work, structured improvisation to improve performance, subtext, monologue work, acting terminology, sense memory, stage skills and basic script work. These classes will also be challenging and offer new and exciting activities for the more experienced!

Location: Mortensen Community Center Teen Center

Fee: \$106 for residents / Fee remains the same for non-residents

ID:	Time	Dates
K - 2nd grade		
8056	5:00-5:45 PM	Tuesdays, Feb. 7 - March 27 (7 classes, no class 2/21)
3rd - 6th grade		
8057	6:00-6:55 PM	Tuesdays, Feb. 7 - March 27 (7 classes, no class 2/21)

Program Information & Cancellation Hotline: 860-665-8686

Children's Cartooning

Grades 1 - 5

A course designed to teach the basics as well as further the skills of the experienced cartoonist. Learn how to create laughing eyes, sneering mouths and outrageous bodies. Design your own characters, creatures and magical beasts and turn them into cartoon strips and story boards! All supplies are provided.

Location: MCC Arts & Crafts Room

Instructor: Fran Judycki

Fee: \$28 per session for residents
\$35 per session for non-residents

ID:	Time	Dates
8009	5:45 - 6:45 PM	Wednesdays, Jan. 11 - Feb. 1 (4 classes)
8010	5:45 - 6:45 PM	Tuesdays, Feb. 28 - March 20 (4 classes)

Children's Drawing

Grades 1 - 5

This is a wonderful course designed to instruct the young artist while having fun! Basic drawing concepts of shape, value, texture and shadow will be applied while learning to draw animals, cars, buildings, people, sea life and more! All supplies are provided.

Location: MCC Arts & Crafts Room

Instructor: Fran Judycki

Fee: \$28 per session for residents
\$35 per session for non-residents

ID:	Time	Dates
8011	6:00 - 7:00 PM	Tuesdays, Jan. 10 - 31 (4 classes)
8012	6:00 - 7:00 PM	Wednesdays, Feb. 29 - March 21 (4 classes)

Play-Well
TEKologies



play-well.org

Play-Well TEKologies Pre-Engineering with LEGO

Ages 5 - 7



Have your child become a Play-Well engineer! Build cities, bridges, motorized cars and planes. With access to over 100,000 pieces of LEGO, students build what they have only dreamed of with the support of an experienced Play-Well Engineering instructor to guide them.

Location: MCC Arts & Crafts Room

Instructor: Play-Well TEKologies staff

Fee: \$105 for residents / Fee remains the same for non-residents.

ID:	Time	Dates
8013	4:00 - 5:30 p.m.	Thursdays, Jan. 19 - Feb. 23 (6 classes)

Snowboarders Art Workshop

Grades 1 - 5



Create your very own snowboard hill with snowboarders barrel-ling down. All supplies are provided.

Location: MCC Arts & Crafts Room

Instructor: Fran Judycki

Fee: \$10 for residents / \$12 for non-residents

ID:	Time	Date
8014	6:30 - 7:30 p.m.	Tuesday, Feb. 7 (1 class)

Gingerbread House Workshop

Grades 1 - 6

Decorate your very own special holiday gingerbread house, without having to worry about the mess! Create a holiday memory that sparkles and gleams with all the season's colors. Gingerbread house kits will be supplied, and houses are pre-assembled and ready to be decorated! All materials and supplies, including the gingerbread house kits, are included in the fee for this class.

Location: MCC Arts & Crafts Room

Instructor: Fran Judycki

Fee: \$20 for residents
\$25 for non-residents



ID:	Time	Date
7933	6:15 - 7:15 p.m.	Monday, Dec. 5 (1 class)

Youth Sports & Fitness...

Learn to Skate *Ages 3 - adult*

This program is based on the US Figure Skating, USA Hockey and US Speed Skating guidelines for learning the basic skills of skating in a fun, challenging and rewarding, leveled system. Classes are offered for skaters of any age and any level. Professional instructors conduct all classes, leading educational games, exercises and practice time in a positive atmosphere - making learning to skate an enjoyable experience for all. Skate rentals (if needed), a progress booklet, membership to US Figure Skating, and 4 free public skating sessions come with every class enrollment. Participants should bring their own helmets and gloves.

Instructor: Newington Arena professional coaching staff

Location: Newington Arena, 300 Alumni Road, Newington

Fee: \$145 for residents / Fees remain the same for non-residents

ID	Time	Dates
7962	11:00 AM - 11:50 AM	Saturdays, January 14 - March 3 (8 classes)
7963	4:30 PM - 5:20 PM	Sundays, January 8 - February 26 (8 classes)

Tennis Lessons *Ages 7—17*

The Parks & Recreation Department, in conjunction with the Newington Tennis Center, is offering tennis lessons for children of all ability levels. Children learn the basics while gaining cardiovascular fitness and coordination. Topics include forehand, backhand, volley, serve and overhead. Racquets will be provided. Just bring your enthusiasm and sneakers and get involved in the game of a lifetime.



Instructors: Newington Tennis Center Staff

Location: Newington Tennis Center, 60 Prospect Street

Fee: \$99 for residents (fee remains the same for non-residents)

ID:	Time	Dates
7920	4:00 - 5:00 PM	Sundays, December 11 - January 29 (6 classes, no class 12/25, 1/1)
8015	4:00 - 5:00 PM	Sundays, February 5 - March 11 (6 classes)

Zumba Kids *Ages 4-11*

Zumba is a dance-fitness class that combines Latin and International music with dance movements from Salsa, Merengue, Latin Hop, Cumbia, Flamenco and more to create a party-like atmosphere. Participants will have a blast while dancing and exercising to popular and fun music! Participants should bring water and wear sneakers and comfortable clothes suitable for exercise.

Instructor: Carrie Tartaglia

Location: Mortensen Community Center Gymnasium

Fee: \$20 for residents / \$25 for non-residents



ID:	Ages	Time	Dates
8016	Ages 4-7	4:00 - 4:40 PM	Tuesdays, Jan. 31 - March 6 (5 classes, no class 2/21)
8017	Ages 8-11	4:50 - 5:30 PM	Tuesdays, Jan. 31 - March 6 (5 classes, no class 2/21)

Youth Recreational Basketball

Boys and Girls in Grades 1 - 8 (Newington residents only)



Registration is now being accepted for the 2011-2012 basketball season. Don't let your child miss out!

Don't forget to register!
Registration Deadline:
Wednesday, November 23rd

Registration forms, information, and volunteer coach applications available at
www.newingtonct.gov/parksandrec

Skyhawks Sports!

Ages 3 1/2 - 7



Skyhawks Sports are introductory programs for young children to help them explore soccer and basketball. SkyHawks' popular and diverse programs provide opportunities for children to learn introductory sports skills through unique games and activities. No pressure, just lots of fun, while these young athletes participate in both sports through unique Skyhawks games. Staff is committed to helping children begin on the right foot as they take their first steps into athletics. Tiny Hawks is a parent and child program. Mini Hawks is a drop-off program; however, parents will be able to go into the gym the last 10 minutes of the program each day.

Instructor: Skyhawks Staff

Location: Ruth Chaffee Elementary School Gymnasium

Fee: \$65 for residents / fee remains the same for non-residents

ID:	Time	Dates
<u>Tiny Hawks (Ages 3 1/2—4 with parents)</u>		
8018	5:00—5:50 PM	Thursdays, Jan. 12 - Feb. 16 (6 classes)
<u>Mini Hawks (Ages 5-7)</u>		
8019	6:00-7:00 PM	Thursdays, Jan. 12 - Feb. 16 (6 classes)

Youth & Teen Programs...

Basketball Skills Academy

For boys in grades 5-8

Newington Parks and Recreation presents its 3rd Basketball Skills Academy for boys in grades 5 - 8. The Skills Academy will provide players the opportunity to develop and apply valuable skills offensively and defensively. Key fundamental concepts will be taught in the areas of shooting, rebounding, dribbling and passing. Offensive and defensive applications will also be taught for player development. Team play and individual contests will be included as part of the program.

Staff: AAU Head Coach / Sci. Tech H.S. (MA) Freshman Basketball Coach Marc Tancredi
Location: Mortensen Community Center Gymnasium



ID	Time	Dates	Fee
8005	9:00 AM - 12:00 PM	Tuesday - Friday, December 27-30	\$75 for residents \$80 for non-residents



High School Recreational Basketball

*High School Students in Grades 9-12
(Newington residents only)*

Registration is now being accepted for the 2011-2012 High School Recreational Basketball Program. Information is available on our website at www.newingtonct.gov/parksandrec

Registration Deadline: Monday, December 12th

Registration forms and information
available at

www.newingtonct.gov/parksandrec

7th & 8th Grade Dances

Dances are open to Newington students only. Includes DJ, music, supervision and dancing. Students **must show their school ID at the door** or a parent/guardian must be present to sign the student in - **there are absolutely no exceptions**. No backpacks and no re-entry once admitted. Those dressed in offensive or provocative clothing will not be admitted. Tickets will be sold at the door. The fee is \$5.00 per student and a non-perishable food donation. Refreshments will be available for sale. Dances are held from 7:00 - 10:00 PM at the Mortensen Community Center Gymnasium.

SAVE THE DATES FOR THESE
2012 DANCES:

Friday, January 20th, 2012
Friday, March 23rd, 2012



Teen Center Facility Rentals

Ages 7 - 18

Why not rent out the Teen Center for your next birthday or team party? The Teen Center facility can be rented out on Saturdays or Sundays from 11:00 a.m. until 8:00 p.m. from September through May. The Teen Center is located in the Mortensen Community Center and has a pool table, foosball table, ping pong table, and air hockey, with plenty of space for a piñata or refreshments. Facility rental fee is \$30 per hour. Helium balloons may be purchased for your special occasion for a nominal fee. Limit: 30 guests.



Teen Center *Grades 7 - 12*

Fridays, 7:00 - 10:00 PM

November 4th, 2011 - March 30, 2012

The Newington Teen Center has been in operation since the early 1970's and provides a safe, drug and alcohol free environment where there is a multitude of recreational activities available. Our fully staffed activities help to facilitate positive social interaction and include basketball, pool tables, ping pong, Nintendo Wii, PS2, air hockey, foosball, and more. The Teen Center is open to Newington residents and those attending Newington schools. To become a member, teens must fill out a registration form available at the Teen Center. There is no membership fee! Teens will only pay the nightly fee of \$5.00. The Teen Center will be closed on 11/25/11, 12/23/11, 12/30/11 and 2/17/12. On the nights of 7th & 8th grade dances (listed above) the Teen Center is only open to teens in 7th & 8th grades. Other closings may occur and signs will be posted. The Teen Center may close early on evenings when less than 10 teens attend - refunds will not be given if this occurs. Please contact Newington Parks & Recreation for details about any of our Teen Center programs at 860-665-8666.

Badminton

For Ages 18 & Up



Enjoy the fun of the number two "participant sport" in the world, second only to soccer in popularity. Upgrade your level of play by joining the friendly competition of other enthusiastic men and women players. Increase aerobic fitness and stamina by participating in this weekly event. Faster than a game of tennis, players can burn 600-1000 calories an hour. Players with even a moderate amount of skill can jump right in and enjoy not only the social aspects of team play but also the fantastic health benefits of a great cardiovascular workout.

Supervisor: Bob Briggaman

Location: Mortensen Community Center
Gymnasium

Fee: \$30 for residents / \$35 for non-residents

ID:	Time	Dates
7990	7:30 - 9:45 PM	Wednesdays, Feb. 15 - May 9 (12 weeks, no program 2/29)



Men's Freeplay Basketball

For Ages 18 & Up

Here's your chance to get out and play some pick-up basketball games. This program is restricted to Newington residents only. Proof of residency is required at the time of registration.

Location: Mortensen Community Center
Gymnasium

Fee: \$40 (residents only)

ID:	Time	Dates
7939	7:00 - 9:00 PM	Mondays, Nov. 14 - April 2 (19 weeks, no program 1/2, 1/9)

Frozen Skating Marathon

For Ages 18 & Up



Come support a great cause (The Skin Cancer Foundation) while kicking off the New Year with a healthy activity. Any level skater may participate! Each lap will be around the regulation NHL rinks at Newington Arena.

There are three options available:

5K: 35 laps

1/2 Marathon: 135 laps

Marathon: 265 laps

Location: Newington Arena, 300 Alumni Road, Newington

Fee: **5K:** \$20 entry fee

1/2 Marathon: \$20 entry fee plus sponsorship donation of \$100

Marathon: \$20 entry fee plus sponsorship donation of \$200

Fees remain the same for non-residents.

Date: New Year's Day - Sunday, January 1, 2012.

Mortensen Community Center Gym Rentals

The Parks and Recreation Department offers rentals of the Mortensen Community Center Gymnasium throughout the fall, winter and spring seasons. Rental availability is limited due to programming demands.

The fee is \$30 per hour.

If you are interested in renting the Mortensen Community Center Gymnasium, please contact the Newington Parks and Recreation Department at 860-665-8666.



Program
Information &
Cancellation
Hotline:

860-665-8686



ID:	Time	Distance
7965	10:00 - 11:00 AM	5K
7966	11:00 AM - 1:00 PM	1/2 Marathon
7967	1:00 - 3:00 PM	Marathon



Learn to Skate

Ages 3 - adult

This program is based on the US Figure Skating, USA Hockey and US Speed Skating guidelines for learning the basic skills of skating in a fun, challenging and rewarding, leveled system. Classes are offered for skaters of any age and any level. Professional instructors conduct all classes, leading educational games, exercises and practice time in a positive atmosphere - making learning to skate an enjoyable experience for all. Skate rentals (if needed), a progress booklet, membership to US Figure Skating, and 4 free public skating sessions come with every class enrollment. Participants should bring their own helmets and gloves.

Instructor: Newington Arena professional coaching staff

Location: Newington Arena, 300 Alumni Road, Newington

Fee: \$145 for residents / Fees remain the same for non-residents

ID	Time	Dates
7962	11:00 AM - 11:50 AM	Saturdays, January 14 - March 3 (8 classes)
7963	4:30 PM - 5:20 PM	Sundays, January 8 - February 26 (8 classes)

Adult Fitness...

Cardio Tennis for Beginners

Cardio Tennis is a new, fun group activity, featuring a circuit of drills to give players of all abilities (including beginners) the ultimate, high-energy workout! While you do hit balls during a Cardio Tennis workout, it does not matter whether you hit them in or out. Cardio Tennis will not only help you get in shape, but will help improve your tennis skills as well!

Instructors: Newington Tennis Center Staff

Location: Newington Tennis Center, 60 Prospect Street

Fee: \$66 for residents / fee remains the same for non-residents

ID:	Time	Dates
7845	4:00 - 5:00 PM	Sundays, Dec. 11 - January 29 (6 classes, no class 12/25, 1/1)
8020	4:00 - 5:00 PM	Sundays, Feb. 5 - March 11 (6 classes)

Power Cardio

Blast into shape with this 60-minute, high-energy Boot Camp style workout that interchanges short bursts of cardio with longer workout periods that combine kickboxing, sports drills and calorie-crunching calisthenics. Not for the faint of heart. Participants should be in good physical condition.

Instructor: Laura Campbell

Location: Mortensen Community Center Gymnasium

Fee: \$55 for residents / \$68 for non-residents



ID:	Time	Dates
8021	5:45-6:45 PM	Tuesdays, January 3 - March 13 (11 classes)

Reasons to Register Early!

Many classes are very popular and people know that in order to get a spot, they need to register early.

But there are also reasons to register early for classes that don't usually fill up. All of our classes are intended to be self-supporting and we must reach minimum enrollment for a class to run. There is a point (usually about one week before a program starts) that a program must be cancelled if there aren't enough people registered. Very often, people register after a program has been cancelled and if they had registered earlier, the program would have run.

All of our programs require a high level of coordination, often including facility scheduling, staffing and purchasing of supplies.

So, if there's a program that you or your child are interested in...

Please Register Early!



Interval Training

Ages 18 and up

Interval training is a great way to increase your endurance and can increase aerobic capacity in just two days of training. This is a high intensity class that will focus on endurance training, strength training and all-over body toning. You will be sprinting, jump-roping, resistance training, and doing plyometrics (which involves jumping). While modifications will be given, this may not be a suitable class for individuals with knee or ankle injuries. The class will fly by and no muscle group will be untouched! Bring water, a mat, towel and a jump rope.

Instructor: Deb O'Leary, Personal Euphoria staff

Location: Mortensen Community Center Gymnasium

Fee: \$38 for residents / \$48 for non-residents

ID:	Dates	Time
8022	Thursdays, January 5 - March 8 (10 classes)	9:45-10:30 AM

Attention Class Participants:

Please do not wear your exercise sneakers to class during the winter months.

We are trying to cut down on the salt, sand, snow and other ice-melting chemicals that are tracked in on the floors. Besides being a cleanliness/maintenance issue, puddles or sandy spots make the floor very slippery for participants.

Please wear an alternate pair of shoes or boots, then change into your exercise shoes before class.

Thank you for your cooperation!

Tone Aerobics

This low-impact aerobics class is a great way to start your morning. Emphasis is placed on strengthening and toning muscles while improving cardiovascular fitness. Participants should bring an exercise mat or towel and a set of hand weights.

Instructor: Sandy Rovelli

Location: Senior & Disabled Center Auditorium

Fee: Tuesdays: \$44 for residents / \$55 for non-residents

Thursdays: \$44 for residents / \$55 for non-residents

ID:	Dates	Time
8023	Tuesdays, Jan. 3 - March 13 (11 classes)	9:15 - 10:15 AM
8024	Thursdays, Jan. 5 - March 15 (11 classes)	9:15 - 10:15 AM

Register for both classes and SAVE \$5!

Residents: \$83! Non-Residents: \$105!

Please Note:

All of our classes are for registered participants only. Many classes (especially adult fitness classes) fill to capacity. Due to safety and room restrictions, we cannot permit extra participants (friends, family members, etc.) into a class.



Unfortunately, we do not have the ability to provide child care services during our programs. Because we want to be able to provide an enjoyable program for our adult participants, we appreciate your cooperation in making alternative arrangements for child care.

All participants in our adult programs must be at least 16 years of age or older, except where noted otherwise.

Zumba

Love music, love to dance? Need a workout that will keep you from getting bored and falling off the workout wagon? Then Zumba may be for you! Zumba is a Latin-inspired, dance fitness class that incorporates Latin and International music and dance movements. The class format combines fast and slow rhythms that tone and sculpt the body in the aerobic/fitness fashion. It's for all ages, and it's an easy and effective form of exercise. You'll enjoy this class with fun music, body firming routines, and then you'll see why Zumba has become a popular new way to exercise!



Location: All classes at Senior & Disabled Center Auditorium

Instructor: Mondays & Tuesdays: Lydia Borysiuk

Wednesdays: Keiko Broyles

Thursdays: Mary Woods

ID:	Dates	Time	Fee:
8025	Mondays, Jan. 9 - Feb. 13 (5 classes, no class 1/16)	4:45 - 5:30 PM	\$19 for residents \$24 for non-residents
8026	Tuesdays, Jan. 3 - Feb. 14 (7 classes)	5:15 - 6:15 PM	\$35 for residents \$44 for non-residents
8027	Wednesdays, Jan. 4 - March 14 (10 classes, no class 2/22)	5:25 - 6:25 PM	\$50 for residents \$62 for non-residents
8028	Thursdays, Jan. 5 - March 15 (11 classes)	5:45 - 6:45 PM	\$55 for residents \$68 for non-residents

Hi/Lo Aerobics

Get moving! This fun aerobics class includes kickboxing, funk and salsa moves that will leave you feeling more energetic and healthy. Challenge yourself while building strength and endurance. Bring a set of hand weights.

Instructor: Laura Campbell

Location: Senior & Disabled Center Auditorium

ID:	Time	Dates	Fee
8029	6:30 - 7:30 PM	Mondays, Jan. 9 - March 12 (8 classes, no class 1/16, 2/20)	\$32 for residents \$40 for non-residents
8030	6:30 - 7:30 PM	Wednesdays, Jan. 4 - March 14 (11 classes)	\$44 for residents \$55 for non-residents

Register for both hi/lo classes and save \$5!
Residents: \$71 Non-Residents: \$90

Zumba Toning



Zumba Toning™ – The Latin inspired dance fitness party takes it up an extra notch. If you love Zumba, then you'll absolutely love Zumba Toning! Body-sculpting techniques and specific Zumba moves are blended into one calorie-burning, strength-training class. Burn more calories than in a regular Zumba session! Participants should bring your own 1 pound weights or weighted, maraca-like Zumba Toning Sticks to enhance rhythm and build strength.

Location: Senior & Disabled Center Auditorium

Instructor: Lydia Borysiuk

ID:	Dates	Time	Fee
8031	Mondays, Jan. 9 - Feb. 13 (5 classes, no class 1/16)	5:30 - 6:15 PM	\$19 for residents \$24 for non-residents

Fat Friday Zumba



Gobble 'til you wobble then join us for this fun Zumba class to burn off those Thanksgiving calories! The average Thanksgiving meal can range from a whopping **3,000-7,000 calories**. Get a head start on working those calories off in this fun, motivating and exciting class! Participants must be at least 16 years old and should bring water and wear exercise clothes. Pre-registration is not required - just show up and bring a friend! This class is free but participants should bring one (or more) non-perishable food item to benefit the Town's food bank and a donation (suggested amount \$5 - \$10) which will be used to sponsor two Newton families in need.

Location: Mortensen Community Center Gymnasium

Instructors: Jenn Trent, Lydia Borysiuk & Mary Woods

Date	Time	Fee
Friday, Nov. 25	9:00 - 10:00 AM	FREE*

**No pre-registration is required and this class is FREE with a non-perishable food item and a donation of \$5-\$10.*

Adult Programs...

The Art of T'ai Chi

T'ai chi is not only a form of exercise, but a cultural art that leads you on the path to mental, physical, and spiritual fitness. This art form is used to promote health and tranquility by releasing the natural energy of the body. T'ai Chi helps maintain good Chi energy with gentle, fluid movements.

Instructor: Ken Zaborowski

Location: Mortensen Community Center Romano Room

Fee: \$50 for residents / \$62 for non-residents

ID:	Class	Time	Dates
8032	Beginners	5:30 - 6:30 PM	Mondays, Jan. 9 - March 12 (8 classes, no class 1/16, 2/20)
8033	Intermediates	6:30 - 7:30 PM	Mondays, Jan. 9 - March 12 (8 classes, no class 1/16, 2/20)

Reasons to Register Early

Many classes are very popular and people know that in order to get a spot, they need to register early.

But there are also reasons to register early for classes that don't usually fill up. All of our classes are intended to be self-supporting and we must reach minimum enrollment for a class to run. There is a point (usually about one week before a program starts) that a program must be cancelled if there aren't enough people registered. Very often, people register after a program has been cancelled and if they had registered earlier, the program would have run.

All of our programs require a high level of coordination, often including facility scheduling, staffing and purchasing of supplies.

So, if there's a program that you or your child are interested in...

Please Register Early!



Program Information
&
Cancellation Hotline:
860-665-8686

Watercolor For Everyone

This is a course for beginners to develop personal skills or experienced artists to strengthen their painting skills. The focus will be on basic watercolor techniques - flat and graded washes, as well as composition, value, light and texture. The subject matter will focus on the still-life. Please call the Parks & Recreation Department at 860-665-8666 for a supply list prior to the first class. Participants should wear a smock or old clothes.



Instructor: Fran Judycki

Location: Senior & Disabled Center Arts & Crafts Room

Fee: \$52 for residents / \$65 for non-residents

ID:	Time	Dates
8036	6:30 - 8:15 PM	Mondays, January 23 - March 5 (6 classes, no class 2/20)



Dance Sampler

This class will combine a variety of dance styles to keep you on your toes - literally! Each week, a new style or two will be introduced. You may learn Swing, Latin, Ballroom, Argentine Tango, Brazilian Samba, Nightclub style, Lindy Hop and more!

Instructor: Wendy Nielsen

Location: Senior & Disabled Center
Ceramics Room

Fee: \$56 for residents
\$70 for non-residents



ID:	Time	Dates
8035	6:30 - 7:30 PM	Mondays, January 9 - March 12 (8 classes, no class 1/16, 2/20)

Line Dancing

Line dancing isn't just country/western anymore! It could be anything from a waltz to a cha-cha. You will learn some of the most popular dances. No partner is needed, it's fun, great exercise and just a few classes will free the dancer in you.

Instructor: Wendy Nielsen

Location: Senior & Disabled Center Ceramics Room

Fee: \$56 for residents / \$70 for non-residents

ID:	Time	Dates
8034	5:30 - 6:30 PM	Mondays, January 9 - March 12 (8 classes, no class 1/16, 2/20)

Adult Yoga and Pilates Classes...

Mat Pilates

Pilates is an exercise option for everyone designed to develop a strong core while maintaining loose, limber limbs. The exercises provide variations to meet the needs of different body types. The exercises strengthen the body while keeping joints mobile and flexible. You'll feel your muscles working and probably break a sweat. Please bring a yoga mat and water to every class.

BEGINNERS: Focus on the basic principles of Pilates to start strengthening core muscles (stomach, back and glutes) and improve balance and coordination between the body's limbs.

INTERMEDIATE: Continues to strengthen the core muscles by using more challenging poses that work the core muscles in more challenging positions. This class moves through the exercises at a faster pace.

Instructor: Maggie Downie
Location: Senior & Disabled Center Room A & B
Fee: Residents: \$85 / Non-Residents: \$106



Ball Pilates

This class offers a fun twist to typical Pilates exercises. Using a ball will still strengthen your core muscles (stomach, back and glutes) and it will also enable you to test your balance, increase your range of motion and improve flexibility. The ball can be used at any fitness level and can be incorporated into your daily routine to strengthen and lengthen your muscles even when you're not in class. While the ball is a challenge, exercising on the ball can also be playful, allowing you to feel like a kid again while getting a good workout. Wear comfortable clothes and bring a yoga mat, water and an exercise ball for your height to each class.

MIXED-LEVELS: Everyone is welcome at this class! Options for different ability levels will be provided.

Instructor: Maggie Downie
Location: Senior & Disabled Center Room A & B
Fee: Residents: \$68 / Non-Residents: \$85

ID:	Class	Time	Dates
8039	Mixed Levels	6:00 - 7:00 PM	Mondays, January 9 - March 12 (8 classes, no class 1/16, 2/20)

ID:	Class	Time	Dates
8037	Beginners	5:30-6:30 PM	Wednesdays, Jan. 11 - March 14
8038	Intermediate	6:30-7:30 PM	(10 classes)

Pilates Special: Register for any two Pilates classes and save \$10
Residents: \$143! Non-residents: \$181!

Yoga Classes

Discover the many benefits of yoga for yourself: decreased stress, greater flexibility, better concentration and more. Yoga is designed to draw us out of stress and anxiety and into our natural state. Find out what Yoga is all about! Sticky yoga mats are required, and yoga blankets are highly recommended.

Location: Mortensen Community Center Romano Room
Instructors: Karen Sevenoff / Cynthia Wolcott
Fee: Tuesday class: \$66 for residents / \$82 for non-residents
Thursday class: \$66 for residents / \$82 for non-residents

ID:	Class	Time	Dates
8040	Mixed Levels Yoga with Karen Sevenoff	5:30 - 6:45 PM	Tuesdays, January 3 - March 13 (11 classes)
8041	Beginner Yoga with Cynthia Wolcott	5:45 - 6:55 PM	Thursdays, January 5 - March 15 (11 classes)
8042	Mixed Levels Yoga with Cynthia Wolcott	7:05 - 8:20 PM	Thursdays, January 5 - March 15 (11 classes)

Yoga Class Descriptions

Beginner Yoga

This class is tailored to the needs of the beginning yoga student. A significant amount of time will be spent teaching various pranayama (breathing techniques) and asana (postures), building from the foundation up. Non-beginners who are comfortable with a slower pace are also welcome!

Mixed Levels Yoga

This class is the right place for those wanting to explore the edges of their yoga practice a bit deeper. Though not suitable for absolute beginners, it might be the place for you if you have some familiarity with yoga postures and want to move up a level. Modifications will be shown for various levels of practitioners from advanced beginners through intermediate.



Programs for Older Adults...

Indoor Walking at Mortensen Community Center

The Mortensen Community Center Gymnasium will be open for walkers on weekday mornings throughout the Fall, Winter and Spring. This is a great way to stay in shape and keep moving! 18 laps equal a mile! Pre-registration is required and all walkers should carry an ID with them at all times. You can register at the Parks & Recreation office any time Monday through Friday from 8:30 a.m. - 4:30 p.m. **ID: 5704**

Walking is a healthy way to exercise and may help you maintain a healthy weight and reduce your risk of some diseases. Bring a friend!



Monday through Friday 8:30 - 11:30 AM

FREE

There will be no indoor walking available when Town Hall is closed.

Walking may be cancelled due to special events, program changes, and/or reasons beyond the control of the Parks and Recreation Department. We will make every attempt possible to keep at least half the gym available for walkers; however, there may be times when the whole gym is not available.

We apologize in advance for any inconvenience this may cause.

Attention Class Participants:

Please do not wear your exercise sneakers to class during the winter months.

We are trying to cut down on the salt, sand, snow and other ice-melting chemicals that are tracked in on the floors. Besides being a cleanliness/maintenance issue, puddles or sandy spots make the floor very slippery for participants.



Please wear an alternate pair of shoes or boots, then change into your exercise shoes before class.

Thank you for your cooperation!

Zumba Gold

This fun Zumba class is designed for the active adult population or the true (deconditioned) participant. Zumba Gold addresses the anatomical, physiological and psychological needs specific to these populations. Created to emphasize the basic steps of Zumba, this explosive program is so easy to follow that participants of any age can do it. This program will give all participants a safe and effective total body workout. Just like the regular Zumba classes, Zumba Gold creates a party-like atmosphere that is incredibly fun, different, easy to follow and effective. Participants in this class enjoy rhythms such as: Merengue, Salsa, Cumbia, Belly Dance, Rumba, Tango, Cha Cha, along with other fun and exciting rhythms and dances. Participants should wear comfortable clothing and bring water.



Instructor: Jenn Trent

Location: Senior & Disabled Center Auditorium EXCEPT class on 3/9 will be held in the Mortensen Community Center Gymnasium

Fee: \$40 for residents / \$50 for non-residents

ID:	Time	Dates
8043 18	9:00 - 9:45 AM	Fridays, January 6 - March 16 (10 classes, no class 2/24)

Fun-n-Fitness

An invigorating class that gets you off to the right foot. Improve stamina, strength, muscle tone, and cardiovascular fitness. Bring a set of hand weights.

Instructor: Sandy Rovelli

Location: Senior & Disabled Center Auditorium

Fee: Tuesdays: \$39 for residents
\$49 for non-residents

Thursdays: \$39 for residents
\$49 for non-residents

ID:	Time	Dates
8044	10:20 - 11:20 AM	Tuesdays, Jan. 3 - March 13 (11 classes)
8045	10:20 - 11:20 AM	Thursdays, Jan. 5 - March 15 (11 classes)

Register for both classes and SAVE \$5!

Residents: \$73! Non-Residents: \$93!

T'ai Chi For Older Adults

T'ai Chi is one of the most effective exercise systems for mental and physical well-being. Emphasis is on breathing and the use of fluid, graceful and gentle movements. T'ai Chi releases tension, deepens relaxation, improves balance, increases bone density, and develops muscle tone. It's gentleness is especially suitable for the elderly and people rehabilitating from illness or accident.

Instructor: Ken Zaborowski

Location: Senior & Disabled Center Auditorium

Fee: \$36 for residents
\$45 for non-residents

ID:	Time	Dates
Beginners		
8046	9:00 - 9:45 AM	Mondays, Jan. 9 - March 12 No Class 1/16, 2/20 (8 classes)
Intermediates		
8047	10:00 - 10:45 AM	Mondays, Jan. 9 - March 12 No Class 1/16, 2/20 (8 classes)



Program Information
&
Cancellation Hotline:
860-665-8686

Programs for Older Adults...

Oil Painting

This course teaches the traditional, timeless concepts of representational painting. New students will learn the fundamentals of composition, value, light, color and texture. Returning students will continue to improve upon these fundamental concepts and learn more advanced skills such as edges, creating mood and more. All subject matter will be considered. Please call the Parks & Recreation Department at 860-665-8666 for a supply list prior to the first class. Wearing a smock or old clothes is suggested.

Instructor: Fran Judycki

Location: Senior & Disabled Center Arts & Crafts Room

Fee: \$96 for residents / \$120 for non-residents

ID:	Time	Dates
8055	9:15 - 11:45 AM	Tuesdays, Jan. 3 - March 13 (11 classes)

Yoga for Older Adults

This is a gentle yoga class concentrating on the basics of awareness, alignment, breathing, balance, flexibility, strengthening and stretching. A few minutes at the beginning and end of each class will be devoted to meditation. Each participant should bring a sticky mat or towel to lie on and be aware that the postures are done barefooted. This is a great class for beginners through intermediates.

Instructor: Linda Leslie

Location: Senior & Disabled Center Rooms A & B

Fee: \$21 per session for residents

\$26 per session for non-residents

ID:	Time	Dates
8048	11:15 AM - 12:15 PM	Mondays, Jan. 9 - Feb. 6 (4 classes, no class 1/16)
8049	11:15 AM - 12:15 PM	Mondays, Feb. 27 - March 19 (4 classes)

Line Dancing for Older Adults

Line dancing is a great way to stay active, healthy, and have fun! Come with or without a partner.

Instructor: Wendy Nielsen

Location: Senior & Disabled Center Ceramics Room

Fee: \$39 per session for residents / \$49 per session for non-residents

ID:	Time	Dates
8053	11:00 AM - 12:00 PM	Fridays, Jan. 6 - Feb. 3 (5 classes)
8054	11:00 AM - 12:00 PM	Fridays, Feb. 17 - March 16 (5 classes)

Are you 55 or older? Become a member of the Newington Senior & Disabled Center! An annual membership is only \$5 for residents or \$10 for non-residents! For more information, please call 860-665-8778 or visit www.newingtonct.gov.

Why take a fitness clinic? Members of the Newington Senior & Disabled Center can use the Fitness Center (pictured below) FREE of charge, but first need to attend our fitness clinic to learn how to use the equipment effectively and in a safe manner. Equipment includes treadmills, ellipticals, bikes and more! Registration is required, and a maximum of 6 participants are permitted per fitness clinic. Register today!



Fitness Clinics for Older Adults

Learn how to utilize the fitness equipment and safety procedures in the Fitness Center located within the Senior & Disabled Center. This class is required in order to use the Fitness Center. Must present a doctor's note when registering and be a Newington Senior & Disabled Center member.

Instructor: Sandy Rovelli

Location: Senior & Disabled Center

Fee: \$15 for residents / \$18 for non-residents

ID:	Time	Dates
7874	11:30 - 1:30 PM	Tuesday, Dec. 13
8050	11:30 - 1:30 PM	Tuesday, Jan. 10
8051	11:30 - 1:30 PM	Tuesday, Feb. 14
8052	11:30 - 1:30 PM	Tuesday, March 13

Parks & Recreation Registration Info

OUR POLICY IS: "No News is Good News."

When registering by mail or fax, you will **NOT** be contacted unless a class is filled or there is a change. Please include a daytime phone number.

Payment Methods: We accept payment by cash, check, debit, VISA, MasterCard or Discover credit cards.

Three Convenient Ways To Register...

Fax-in: Complete and sign the registration form. Include credit card information. If you choose to register via fax, PLEASE call to confirm that your fax came through. Fax to (860) 665-8739.

Mail-in: Complete and sign the registration form. Include credit card information or make checks payable to "Newington Parks & Recreation." Mail to: Newington Parks & Recreation, 131 Cedar Street, Newington, CT 06111.

Walk-in: Register in our office, which is located in the Mortensen Community Center at Town Hall, 131 Cedar Street, Newington, CT 06111.

Walk-in office hours are:

Monday – Friday, 8:30 AM – 4:30 PM.

***Drop slot may be available after hours.**

IMPORTANT INFORMATION

- A minimum of \$10 is required for all credit card transactions.
- If you are registering a **child under the age of 6** and they have not participated in our programs in the past, please include a copy of the child's birth certificate with the registration form. This is a one-time request.
- If the participant has any **medical concerns (allergies, asthma, etc.)** that we should be aware of, please list it on the registration form.
- If the participant has any **special needs** that we should be aware of, please complete and submit a special needs form to our office.
- Programs may be cancelled due to inclement weather. If the weather is inclement, please call our **Program Hotline: 860-665-8686** (after 4:30 PM) for the latest information.

Reasons to Register Early

Many classes are very popular, and our participants know that in order to get a spot, they need to register early. But there are also reasons to register early for classes that don't usually fill up. There is a point (usually about one week before a program starts) that a program must be cancelled if there aren't enough people registered. So, if you know you want to take a program... PLEASE REGISTER EARLY!

POLICIES & PROCEDURES

Registration is taken on a **FIRST COME - FIRST SERVED** basis. Residents may register for programs beginning Friday, November 18, 2011. All registration forms received prior to the registration start date will be processed randomly at the end of the first day of registration. The Parks & Recreation Department will try to accommodate all registrants, but some programs fill to capacity. Please specify an alternate choice on your registration form should the original class you choose be filled. The Parks & Recreation Department reserves the right to **cancel programs because of insufficient registrations** or causes beyond its control.

Non-Residents

Non-residents are eligible to register for programs if there are openings beginning Friday, December 2, 2011. Non-residents pay an additional fee for most programs and should call for program availability prior to registering. Some programs (including swim lessons, pool passes, playgrounds/camps and others) are not available for non-residents.

Waiting List

If your desired class is filled, you will be notified and placed on a waiting list. We will make every effort to accommodate those on the waiting list by adding classes if possible.

Americans with Disabilities Act

The Newington Parks and Recreation Dept. does not discriminate on the basis of race, color, national origin, gender, religion, age, or disability in provision of programs and services. Individuals with disabilities are encouraged to register.

The Newington Parks and Recreation Dept. is complying with the Americans with Disabilities Act (ADA), Public Law 101336. The law addresses issues of accessibility of facilities & programs. Provisions of reasonable program modifications will be made on a case-by-case basis to allow people with disabilities to participate in and benefit from programs. Documentation of disability is required when requesting reasonable modifications.

Refunds

Newington Parks and Recreation does not issue refunds once you have registered for a program, unless there is an injury or illness which prohibits active participation in the program and is documented by a physician. No refunds will be issued without a completed Refund Request Form accompanied by a doctor's note. Contact our office for a Refund Request Form. If a refund is granted, the amount will be pro-rated to reflect the number of classes remaining from the date the refund request form was submitted. A \$5.00 processing fee will also be deducted from any refund issued.

Contact Us:

Phone:

Voice: 860-665-8666
Fax: 860-665-8739
Hotline: 860-665-8686

At the Office:

Monday - Friday
8:30 a.m. - 4:30 p.m.
131 Cedar Street
Newington Town Hall
Mortensen Community Center

On the Web:

www.NewingtonCT.gov

New Registration Information

The following changes to our registration policies are now in effect:

- Registration is accepted by fax, mail or in-person only.
- **We no longer accept phone registrations.**
- **Registration start dates have been implemented** to give all participants an equal opportunity to get into our programs. See front cover for registration dates.

